

Want to break the habit on January 1st?  
We can help you get there.



Every New Year, “**quit smoking**” is a top resolution for hundreds of thousands of tobacco users. Unfortunately, only a small percentage succeed.

When you enroll in the Quit For Life® Program, your chances of success are much greater than going it alone. We'll get you ready to quit with knowledge, tools and support, including the “**4 Essential Practices to Quit For Life.**” And we'll be there for you beyond your quit date--to make sure your resolution comes true, for life.

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

**It's FREE. It's confidential. It works.**

**1.888.275.1205 | select option 3**

**[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)**



## “4 Essential Practices to Quit For Life.”

- ☒ Quit at your own pace.
- ☒ Conquer your urges to smoke.
- ☒ Use medications so they really work.
- ☒ Don't just quit, become a non-smoker.

### Who is eligible to participate?

Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.

Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.